

## CHARLES STREET OB~GYN

# Lifestyle Modifications for Pregnancy

During pregnancy, we recommend the following lifestyle changes to benefit the health of you and your baby.

### *Food Related Modifications:*

- In general, we recommend a weight gain between 25-35 pounds during pregnancy. However, every woman's pregnancy and diet should be individualized. We strongly encourage our patients to visit the FDA's website, [www.mypyramid.gov](http://www.mypyramid.gov) (click on mypyramidmoms). It is an interactive, up-to-date, thorough website that will guide you through your pregnancy. It is also accessible from our website.
- No smoking.
- No recreational drugs (marijuana, cocaine, LSD, heroin, meth., etc.)
- No alcohol, beer or wine.
- Caffeine – up to 1 (8oz) cup of coffee per day, or up to 2 (12oz) sodas

### *Activity:*

- No hot tubs over 98.6°. No saunas.
- No lifting more than 20 pounds.
- Exercise
  - Continue to exercise or begin walking – this will help with your labor and delivery and help you return to your pre-pregnancy weight faster.
  - If you exercise, please keep your heart rate lower than 160bpm. If necessary, wear a heart rate monitor. Refrain from abdominal exercises and activities where you could fall and cause abdominal trauma.
- After 20 weeks of pregnancy, if you become nauseated or dizzy while lying on your back, you need to immediately roll onto your side. Sleeping on your side is preferred after 20 weeks.
- Begin Kegel exercises to strengthen your pelvic floor. For more information, visit [www.mayoclinic.com/health/kegel-exercises](http://www.mayoclinic.com/health/kegel-exercises)
- Maintaining sexual relations is OK unless otherwise noted by your provider.

### *Lifestyle:*

- Travel is permitted before 36 weeks. If traveling by airplane, please walk around every 1-2 hours. Take a copy of your prenatal records with you when traveling.
- Painting is OK with adequate ventilation.
- Remember toxoplasmosis precautions: no litter box changes, no gardening without gloves, no cleaning of open sandboxes and no eating raw meat. See the FDA website for more details.
- Hair coloring and highlights are fine during pregnancy.
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***Miscellaneous:***

- Heating pads can be used after 12 weeks for 15 minute intervals, but refrain from using them directly on the abdomen.
- Breastfeeding while pregnant: we recommend that you wean your infant from breastfeeding after your first trimester.
- A flu vaccine is recommended regardless of your due date.
- No douching.
- Prepare yourself and your partner for labor and delivery. Classes are available at GBMC...just check the link on our website or call Parent Education at 443-849-2229.
- Fetal Kick Counts (after 28 weeks) ~ If you are concerned that the baby is moving less than usual, we ask that you monitor fetal kick counts. After eating a meal, sit down and count how often you feel the baby move in one hour. The baby should kick or move at least 10 times. If the baby moves less than 10 times in the first hour, count for another hour. If there is still decreased movement, please call the office or on-call physician.

***Common Remedies for Morning Sickness:***

- Avoid triggers for nausea and vomiting such as stuffy rooms, odors (perfume, smoke), humidity, noise, quickly changing positions and brushing teeth after eating.
- Eat small, frequent, low fat, high carbohydrate meals. Eat before or as soon as you feel hungry.
- Fluids – cold, clear, carbonated or sour (especially ginger ale and lemonade).
- Aromatic therapy – especially lemon, mint or orange.
- Acupressure wristbands, acupuncture and hypnosis have also been found effective.
- Pharmacological treatment may be necessary for patients with extreme nausea and vomiting. Call us if you are experiencing this.

***When to call us after business hours (410-823-1120):***

- If you think you are in labor. This includes contractions every 5 minutes consistently, for 1-2 hours or leaking of fluid. (Please call us before heading to the hospital...we need to let them know you are coming.)
- Dehydration
- Bleeding
- Fever
- Pain on urination
- Decreased fetal movement or no fetal movement (after 28 weeks)
- Sudden swelling, especially if accompanied by a headache or visual changes
- Dizziness or fainting

\* Please feel free to call the office anytime during business hours for urgent and non-urgent matters.